

# ASTHMA IN ROCK COUNTY

## WHAT IS ASTHMA?

- Asthma causes the airways of the lungs to tighten and swell
- Symptoms include shortness of breath, wheezing, coughing, and chest tightness
- Asthma cannot be cured, but it can be controlled
- Symptoms can range from mild to life threatening

## WHAT CAUSES AN ASTHMA ATTACK?

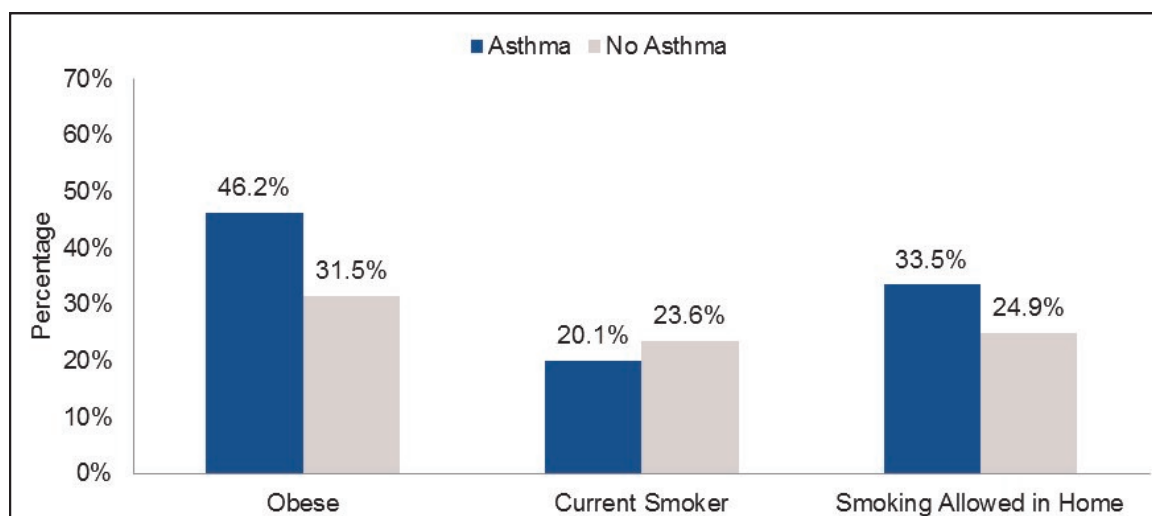
Asthma attacks happen when triggers make the airways to the lungs irritated and inflamed.

## COMMON ASTHMA TRIGGERS:

- Respiratory infections (colds/flu)
- Allergies to animals with fur, molds, cockroaches, dust mites and pollen from trees, grass and weeds
- Cold weather
- Exercise
- Things in the air that can irritate your lungs like any kind of smoke, perfumes, scented candles and air fresheners
- Strong emotions

## RISK FACTORS FOR ASTHMA

Prevalence of Asthma Risk Factors by Current Asthma Status, Rock County 2008-2010

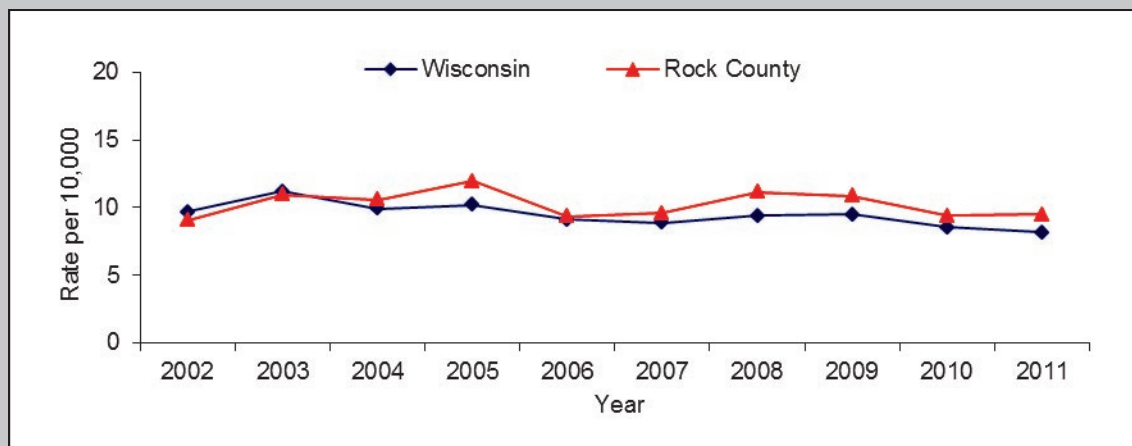


Adults with current asthma, compared to those without asthma, in Rock County are:

- More likely to be obese
- Slightly less likely to smoke
- More likely to allow smoking in their home

25 percent of adults in Rock County smoke.

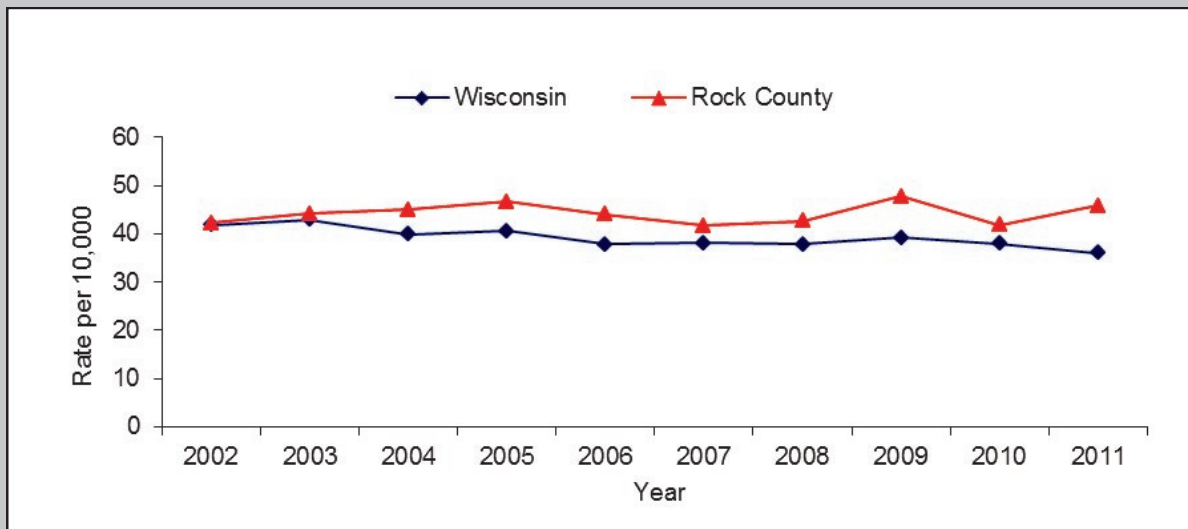
## Asthma Hospitalization Rates, Rock County and Wisconsin Overall, 2002-2011



Over the past decade, Rock County asthma hospitalization rates have been similar to the overall state rate.

# ROCK COUNTY ASTHMA CONT.

## Asthma Emergency Department (ED) Visit Rates By Year, Rock County and Wisconsin Overall 2002-2011



Over the past decade, Rock County has had consistently higher ED visit rates compared to the overall state rate.

### SEASONALITY

In Wisconsin, asthma hospital admissions are usually the highest in the early spring and fall. Factors thought to contribute to these seasonal peaks include influenza, increased infections and high pollen and/or fungal counts.

### ALL PEOPLE WITH ASTHMA SHOULD RECEIVE A FLU VACCINE

**65% of adults with current asthma in the Rock County area had a flu shot in 2009-2011.**

Anyone with asthma over the age of 6 months should get a flu shot every year according to the Centers for Disease Control (CDC).

Adults with asthma are at high risk of developing complications after contracting the influenza virus, yet most adults with asthma do not receive an annual flu vaccination. The flu may not only make your asthma worse, but it may also cause you to make a visit to the ER, end up in the hospital or worse. Getting a flu shot may prevent all of these complications. The flu vaccine is safe and effective. All people who have asthma should be encouraged to get the flu vaccination as part of their routine care.

The Wisconsin Asthma Coalition's (WAC) mission is to develop and implement a sustainable statewide action plan that expands and improves the quality of asthma education, prevention, management, and services and eliminates the disproportionate burden of asthma in racial/ethnic and low-income populations.

### LOCAL ASTHMA COALITIONS

Chippewa County Asthma Coalition  
Community Asthma Network  
Dane County Asthma Coalition  
Fight Asthma Milwaukee Allies  
Fond du Lac Asthma Coalition  
Fox Valley Asthma Coalition  
Kenosha-Racine Asthma Coalition  
La Crosse Partners  
Marathon County Asthma Coalition  
Trempealeau County Asthma Coalition

For more information or to become a WAC member, go to:  
[www.chawisconsin.org/wac.htm](http://www.chawisconsin.org/wac.htm)



To visit the DHS asthma website, go to:  
<http://dhs.wisconsin.gov/eh/Asthma/index.htm>

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